

THE VILLAGE NEWS



A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

DECEMBER 2020



FROM THE DESK OF



MICHELLE MOROS

Executive Director

Dear Belmont Village Albany,
We're thrilled to announce that our community reservation system for family visits is now available online! It's been wonderful to safely welcome back family and friends to Belmont Village Albany. To make your reservations online please visit the website: **BVAIbany.AS.me.**

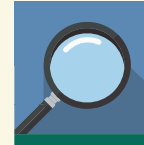
On this platform, you are able to see each type of visit that is available currently and review the updated safety guidelines for each type of appointment. We currently have outdoor socially distant, indoor booths and COVID tested apartment visits available at the community. Reservations for ZOOM/ FaceTime/Video calls are also available. This system now makes it even more convenient to schedule a time with your loved one. If you wish to continue making appointments over the phone or for questions regarding visits, please call the Front Desk at (510)525-4554.

Please remember that all in-room apartment visits, guests must have a current, negative COVID-19 test on file every 14 days. Test results may be emailed to me at **mmoros@belmontvillage.com.**

Belmont Village Albany has COVID-19 testing available for family members, to schedule an appointment, please use the online scheduling platform. We hope to continue to safely see more family and friends of BVA during the holiday season!

Stay Safe & be well,

Michelle Moros
Executive Director



STAFF DIRECTORY

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Nolan Gonsalves

Building Engineer

ngonsalves@belmontvillage.com



HAPPY BIRTHDAYS

• • • RESIDENTS • • •

John C.	December 6
Sue O.	December 7
Mai-Wah J.	December 9
Bluma G.	December 15
Jody A.	December 18
Anna S.	December 18
Alyce M.	December 19
Kiyo E.	December 21
Hy G.	December 24
Elizabeth B.	December 28



WELLNESS WISDOM

December Health: YUM!
It's the Holiday Season



It is that time of year again when we start celebrating the holidays, and often, that means eating all those delicious foods we've come to expect and love-in abundance. After all, you may only get them at this time of year. However, as one gets older, their metabolism slows and they don't need as much food to maintain good health. Following, are some tips to help you enjoy all the fabulous foods that the holidays offer, without experiencing the effects that those foods can have on you.



Continue to drink plenty of water. Water not only helps to flush toxins and cleanse the body, but it helps to make you feel full if you drink some prior and during the meal.

Avoid heavy meals, especially at night. Instead of taking a nap after a large indulgence of food, take a stroll. It helps with digestion and just feels good.

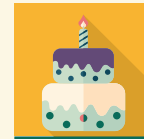


Maintain your sleep pattern. Often, we end up staying up much later than usual, but this can wear on the body and will make you feel more fatigued during quality time with friends and relatives.

Watch the salt and carbohydrate intake. Who doesn't love a good roll, or two? Enjoy a little, but realize that overindulgence of both of these things can lead to pain and swelling in joints and muscles.

Lastly, enjoy the time of the Season! Bringing joy to others with a smile, is a gift we can all give.

Happy Holidays!



HAPPY BIRTHDAYS

• • • BVA TEAM • • •

Kenya O.	December 5
Liza W.	December 7
Lena V.	December 8
Verneida R.	December 11
Sanu T.	December 16
Renisha K.	December 19
Pema L.	December 26
Alyssa M.	December 26
Nikolaus W.	December 27
Sergio F.	December 30
Myla V.	December 30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
6	7	1	2	3	4	5
9:15 TH Kickstart Fitness 🏃 10:00 TH Sunday Spiritual Services † 11:00 TH Documentary Showing 🎬 1:30 TH Broadway Show Screening 🎭 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 10:00 TH Tai Chi Class 🏃 11:00 TH Documentary Showing 🎬 1:00 TH Music with Emile - YouTube Concert 🎵 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 10:00 TH Strength & Balance #1 🏃 10:30 TH Strength & Balance #2 🏃 11:00 TH Documentary Showing 🎬 2:00 TH Jeopardy Quiz 🎮 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 10:00 TH Tai Chi Class 🏃 11:00 TH Documentary Showing 🎬 1:30 TH Art Exploration & Discussion 🎨 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 11:00 TH Belmont Moves #1 🏃 11:30 TH Belmont Moves #2 🏃 12:00 TH Open Art Studio 🎨 2:00 TH Holiday Work Shop 🎨 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 10:00 TH Strength & Balance #1 🏃 10:30 TH Strength & Balance #2 🏃 11:00 TH Documentary Showing 🎬 2:00 CY Happy Hour Virtual Concert 🎵 2:00 TH Jeopardy Quiz 🎮 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬	9:15 TH Kickstart Fitness 🏃 10:30 TH Current Events Discussion 🗣️ 11:00 TH Documentary Showing 🎬 1:30 TH MET Opera Screening 🎭 2:30 TH Live Cello Concert 🎵 3:00 SR Matinee Film 🎬 7:00 TH Evening Film 🎬
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FITNESS CENTER

Open 24/7

2nd Floor, Between Elevators

Rehab Care: M-F 9am-5pm

The *Center for Life Enhancement*

Gym offers open gym equipment, weekly classes, personal training sessions, physical and occupational therapies and more!

CONCIERGE

24/7 Coverage

Front Desk, 1st Floor

Concierges are available to assist with transportation requests, excursion reservations, guest meal tickets, placing a maintenance work order and general information.

LIBRARY

Open 24/7

3rd Floor, Between Elevators

Visit the *Center for Learning*

where residents can borrow books or enjoy use of community computers.

WELLNESS CENTER

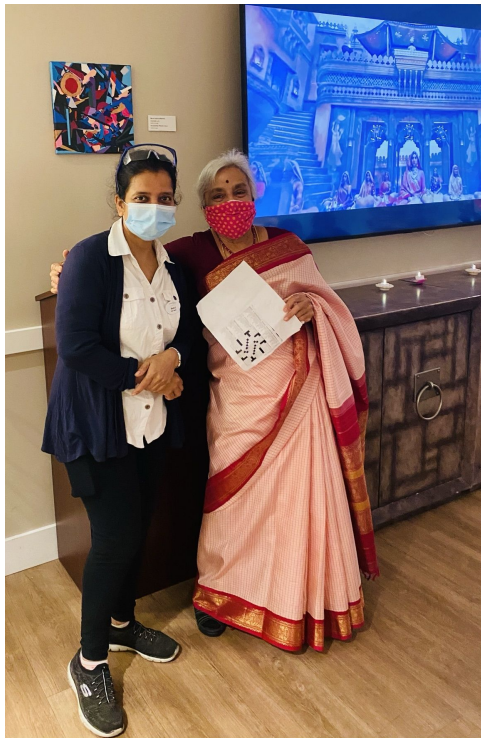
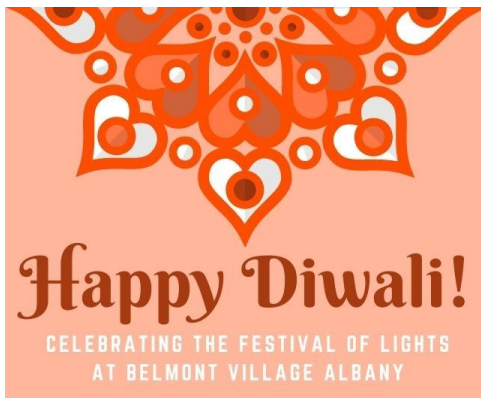
Open 24/7

3rd Floor, Between Elevators

Feeling under the weather or have a health question? Stop by the Nurses' Station!

Find us on 





TRANSPORTATION

— SUNDAY —

Religious Services &
Local Destinations
8:30 am - 3:00 pm

— MONDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— TUESDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— WEDNESDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— THURSDAY —

Excursion Transportation
& Local Destinations

— FRIDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— SATURDAY —

Religious Services &
Local Destinations
12:00 - 4:00 pm

To request a transportation appointment, please see the Concierge Desk, 1st Floor or call at (510) 525-4554. Kindly note all appointments require a 48 hour notice & medical appointments will be prioritized.

BELMONT VILLAGE—THE COMMUNITY BUILT FOR LIFE!



BELMONT *Village*

SENIOR LIVING

ALBANY

1100 San Pablo Avenue
Albany, CA 94706

BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank,
Calabasas, Encino, Hollywood, Rancho Palos Verdes,
Westwood, Thousand Oaks, San Jose, Sunnyvale,
San Diego, Cardiff by the Sea

ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove, Geneva Road,
Oak Park, Glenview, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville,
Dallas, Fort Lauderdale

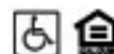
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



belmontvillage.com



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